

Advantages of rice

- By chewing once, it increases → Digestion and absorption become better, insulin doesn't have to work so much. Insulin changes extra energy fat and stores it. → Obesity and diabetes can be prevented.
- Rice doesn't include salt and cholesterol.
- Resistant starch is included.

The terminology explanation

- Insulin





It makes an organ's cell take in glucose in. If it's too little or too much insulin, you have diabetes.

- Resistant starch



It's difficult to digest and it works like dietary fiber and contributes to health.

Recipe for okonomiyaki with rice

- Material for one person -

- a cup of rice 
- an egg 
- some pork meat 
- some cabbage 
- topping (sauce, mayonnaise, dry seaweed bonito)

- How to make -

1. Cut cabbage. 
2. Mix rice, egg, and cabbage. 
3. Fry pork meat with a frying pan.
4. Put [2] on the pork meat, fry on medium heat.
5. After the edge becomes white turn over and fry again.
6. Put on the dish and add topping.

Completion

- Impressions -

- It was delicious.
- It has interesting texture because the texture of rice remain.
- It has lower calories than usual okonomiyaki.

MODERN CONTEXT OF THE RICE

HIROSAKI MINAMI HIGH SCHOOL

First grader 13HR group 5

~Member~

- Purpose -

- The consumption of rice is increased. We want everyone to know the good points about rice.
- Enjoy eating rice even more than now.

- Hypothesis -

We interview people in the area, and after hearing good points of the rice after buying it, how much consumption decreased compared with the past, make a poster, put it in a local supermarket and check the sales.



- Comparison of the consumption of the rice -

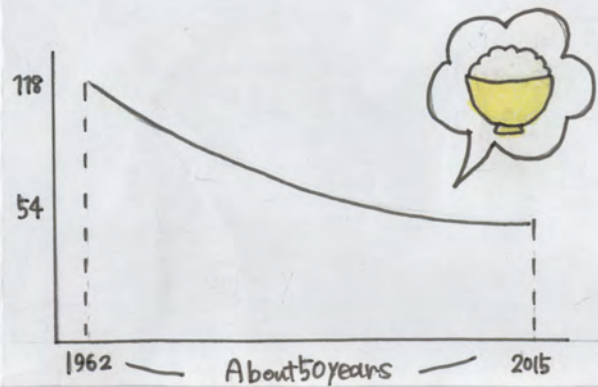
Shizuoka consumes the most.
Aomori is the tenth.

The difference between Aomori and Shizuoka's rice consumption has a deviation value of 10. But Aomori Prefecture has a high standard.

- The consumption of rice for 50 years -

The consumption of Japanese rice has decreased by nearly half in about 50 years.

1962 118 kg 2015 54.6 kg



- Rice type

o The Blue sky

Rice has good exterior and good taste, also having good firm texture and balance.

o Tsugaru Roman

This is a grandchild variety of "Koshihikari". Maintaining cold tolerance and blast resistance, this improved the taste and quality. It made a debut as a new species of Aomori Prefecture's improved rice in 1997.

o Massigura

This will give a gloss and become white when cook rice. This variety's feature is a good appearance such as "tsubuzoro" and grain luster and stickiness.

- Glossary

o Blast

Diseases that infect plants of the family Gramineae. Symptoms are leaf color discoloration, death and deterioration of quality. Since rice falls in a direction it is a hindrance to machine harvest.

o Cold Tolerance

Sensitivity to cold temperature. The most sensitive period is resistance to inhibition of pollen formation and development.